



EPISODE 79: MAKE CREATIVITY PART OF YOUR RECOVERY

- Speaker 1: [00:00](#) What's up real quick. I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician, never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program. You're listening to the Bipolar Now podcast episode 79.
- Speaker 2: [00:40](#) Welcome to Bipolar Now the weekly podcast for doing life on your terms, not the illness. And now here's the host of your show. Mike Lardi,
- Speaker 1: [00:52](#) Mike back in the saddle today. I'm excited that you're here. I have a ton of excitement. Actually. I had an incredible weekend. I was able to get off this mountaintop, head down into the Valley, go down to the city. I was so excited that the local bookstore that's a giant retailer, actually, that they were open. And, uh, I went in there and it felt like old times I have not gone into Barnes and Noble since the shutdown. Um, just, you know, they weren't open as a big public space and walking around in there. It was so refreshing even though, you know, even though there's just, there's signs of the, of the pandemic, just in the way that they've organized the footprint of the shelving and how you go throughout the spaces. And it's like, nobody wanted to be near anybody still. And so, um, but it was just good.
- Speaker 1: [01:47](#) Like I picked up three new books. I'm really excited about that. I'm, uh, I'm actually, I'm impressed that Barnes and Noble is, you know, surviving this whole economic shutdown and, and, and reopening because you know, one of the books I picked up, it's called the war on normal people. And part of that book, which is an extremely depressing read, I've gotten about eight chapters into it, very depressing read it. And I think that's because we live in a very depressing culture and whatever revolution happens in this next decade, um, you know, I want to actively and visibly participate in the renewal of all things. Whenever that, you know, is something that's going to happen. I want to be about the renewal. And so this was a great book for me to challenge me on how automation and computer intelligence and technology is killing off millions upon millions of jobs for ordinary working class people.

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- Speaker 1: [02:44](#) And I'm like I said, a hard read, but a necessary read. And so I picked up that book along with two others. One book was really interesting to me. Um, I just keep books and piles like it. Do you guys do that? You like keep, keep a pile of things that you want to, you have like a backlog of 587 bookmarks that you want to read, you know, online, I don't do the online thing anymore, but I definitely have a backlog of books. And so I've got a new book. I'm just buying culture books right now. I used to be a junkie and load up on business books. And, uh, there's no shortage of people who are telling you how to do things, fix this, not that, and do this, not the other and you know, business, business business. And I just had to take a break from that and just kind of look into what is happening right now.
- Speaker 1: [03:29](#) Like some brilliant minds are writing on culture. And so this second book that I bought was about the tanning of America and it has to do with how hip hop culture has created the economy that we see and participate in now. So it's a good tie in to that other book that I bought. And then I've got also excitement brewing. Um, the freedom challenge has been an incredible success. I've enjoyed every day of going through that with you guys that took that. And then also on the heels of that, of course, is the peace plan is going to be open for enrollment. It's actually open, should be open by the time you listen to this and I'll give you more on that later today, but it's just an exciting, exciting, exciting time seasons are changing. Oh my gosh, this is good. Well, today I'm going to explore something that has been well-documented within bipolar disorder for a very long time for at least four decades.
- Speaker 1: [04:25](#) Now they have noticed the connection between manic depression, which is another word. It's an older terminology for bipolar disorder. There's a connection between manic depression and heightened creativity. And so, you know, I've been recommended a lot of books on this, many of you in the podcast group on Facebook you've recommended books to read. And I see some incredible stories and some also very like cultural touchpoints within mental health, when it comes to bipolar disorder, there've been books written and, and it's not about like, whose story is the hardest, like who has the craziest most insane experience with having manic depression, but it's more about like whose stories can help and that's what you guys were sharing. And I appreciate that. So today we're going to, we're going to get to the topic of creativity, how to make use of

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it, how to be satisfied in it. And maybe if you want, how to be known as creative. So I won't hold back. Here we go.

Speaker 3: [05:42](#)

So I have actually had a,

Speaker 1: [05:44](#)

A long time we're talking lifelong, like since I could hold a pencil, I was a little creative dude. Um, creativity is something that turned into artistry for me. And then as I began to explore artistry, there's so many avenues that open up, you know, there's, there's no shortage of, um, like materials you can use and styles, you can try to get good at and topics. And, you know, I, for a time I got into illustrating little comic books and then I got into graffiti and then I got into fine art, you know, where it drawing, painting sculpture, photography, and things like that. Like, there's, there's no end to human creativity and I love that, but here's what I didn't love when I fell victim to my harshest bipolar episodes, the ones that I should hopefully never ever have to experience again, because I'm actually aware of how to manage my disease.

Speaker 1: [06:45](#)

Uh, whereas back then it was just like, you know, if I felt it, I did it and that's not a great way to organize your life when you have manic depression. So I was actually at the peak of my creativity. I see a lot of people posting about this, how they're able to be productive and creative and things are just singing when they're up, you know, and when they're going and when there's a hypomania in play, like there's just, no, there's literally no end to what you can achieve creatively when that part of your bipolar brain, you know, is, is active and causing you to experience these episodes. And so my actual like output in the artistic space exploded for about a one year period, maybe two years at the most, um, I never was able to sustain it. It was like, it was like I would rapid cycle into depression, like right as I would finish a painting, right.

Speaker 1: [07:45](#)

As this giant painting got done, I would just rapid cycle down into a depression. And it's like, I, I didn't know where it was coming from or what to do with it. I just assumed that all artists are a little bit off and that's why we have these unique superpowers. And so I played along, but you know, what, uh, what happened was I ended up getting so sick and my art unfortunately played a part in that because as I was exploring how I was going to enter and take over, you know, the, the, the art world, um, I got sicker and sicker with obsession. And a lot of my creative like basis for a lot of these works were starting to spiral and go like inward and negative and dark. And I eventually

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wound up being angry at everything and everybody, and, um, and I wasn't even able to produce any art at that point because I was becoming less and less functional in my daily life.

Speaker 1: [08:43](#)

My living situations were becoming more and more, uh, tense. And I eventually wound up, um, on the streets, uh, on this, on the same street where I had my studio and, um, and, and spending time with the people on the street in that area. And so for me, creativity has a bit of a dark edge to it because I know how it feels to be angry at yourself, angry at your family, angry at your friends, angry at the institution, angry at the world, like angry, angry, angry. I know what that is to be like, uh, unnerved with irritation. And so for me, it's been really difficult to have a recovery that includes, um, you know, artistic endeavor. And I think going through that recovery, um, was probably, it was, it was definitely drawn out longer than it needed to be. Like I've said elsewhere. My depression, like the actual episode of depression that I had after that whole wild manic psychosis finally calmed down and went away.

Speaker 1: [09:48](#)

Like there, there were, there were, uh, lingering after effects of that. And my depression lasted for a good two to three years. Like it wasn't clear to me that it had like finally completely receded, but there were parts of me that were downcast that were cynical, that were upset that were tired and exhausted. You know, we've, we've delved into many different things. You can feel as a part of a manic depression. Um, but like for me, going back into that creative mode, wasn't something I was ready to touch yet because I associated it with all of that darkness and rage. And that's just not something I wanted to open up and I didn't have, you know, the understanding of okay, like you can use creativity in your recovery. And, and that's probably the first thing I would want to like leave with you today. And maybe the most important thing to leave with you today is have a purpose for your creativity.

Speaker 1: [10:47](#)

Okay. I didn't do that. And I didn't fare so well. Um, maybe towards the end, as like the depression finally receded for good. Um, I discovered that there was a purpose for art-making again, but I didn't make it part of my recovery. And I would hate for you to repeat my mistake. One of the things I love about this show and about all the interactions that I get with you guys inside the podcast group on Facebook is that I can share things that I didn't get. Right. And I can share like, you know, with, with passion that, Hey, you don't have to go the road that I took. It doesn't have to be so long and drawn out and expensive, you

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know, expensive in terms of therapy. Like you have a purpose for your creativity and it will take you so incredibly far, like make creativity part of your recovery.

Speaker 1: [11:39](#) It's, it's positive fuel K like use creativity in your recovery as a part of something. And it can be something small. Um, one thing that I did as I began to go back into my social life and begin to spend time with people again, after years of isolation and years of just being afraid of what if my story gets known, you know, what if my story circulates, what if people know what I did? Like I used creativity to help me get back into social circles. I would write letters. In fact, right now on top of my table, I'm staring at two letters that I've written, and I was able to use calligraphy. I have these beautiful brush pens, and I was able to write the names of these people on these letters that I wanted to just encourage them with like one person here. I'm staring at this letter, it's a beautifully drawn letter.

Speaker 1: [12:37](#) And inside I encourage him to recover and get strength again, after having had a heart attack. You know, so this is an older gentleman and I just wanted to like, send some strength his way. And I can't wait to, you know, to, to know that he's gotten that. And then another beautiful illustrated letter. In fact, this person requested me to do this for her birthday. She says, I want one of your handmade letters. And so here's a letter to her. She is in the midst of an incredible transformation. She has been to the bottom of the barrel more times than anybody I've ever met. Who's had this particular disease and she has gotten back up every single time. And she has fought for her sanity. And now she's about to enter into, I mean, she's 35 years old and she's about to go back to college.

Speaker 1: [13:26](#) She found a way to do it, and I'm just cheering her on. And so there's a beautifully illustrated letter right there. Some, some people I make little drawings and it's like, you know, I can remember, uh, uh, a family that I'm still in touch with, you know, 15 years later, a family that I met when I was down in Costa Rica. And I would sit down and ask the kids what, what their names were and how to spell their names. And I would write their names in these crazy, like probably it's leftover from my graffiti days, the ability to just creatively draft somebody's name in an artistic way. But you wouldn't believe like your name is the most important thing about you. And so I noticed that, and I just had a creative moment said, Hey, I'm going to write this little girl's name. Well that girl's mom still interacts with me on almost a

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daily basis, which is how I'm learning Spanish, by the way I've been to her house.

- Speaker 1: [14:20](#) You know, it's like, I can't write them a letter because there's no addresses in the slums, but I can like, you know, send her pictures through the phone. And that's like, just as good. And her daughter says that she always remembers when I wrote her name, it was a very special thing for her. So have a purpose, right? My purpose right now, I don't have a ton of time creatively. So my purpose is to encourage, it's just something small that I like to do, but you might have time or the inclination, you might have time to purpose your art for something big, something huge. Maybe I don't know how you think. Like, I think in terms of big numbers and big artworks, like I've got a big painting. That's masked out on the wall of my living room. And as soon as I get the materials, which is a serious investment for me, we're talking to painting where it's going to probably cost me a hundred hours to make this painting.
- Speaker 1: [15:16](#) But it's part of a larger show that I want to have as part of my, what I shared with you a couple episodes ago, I shared with you about the 10, ten one, the 10 years, 10 dreams, one goal, and how this comes from the author, Rachel Hollis, and something she's doing like one of my 10, 10, one dreams is to have a big art gallery opening an exhibition somewhere in Los Angeles. You know, somebody that I meet, who wants to exhibit this particular series of paintings and sculptures, and this is something really huge for me. So whatever creativity you have, have a purpose for it, you know, you can have a purpose for it. Like my, my purpose in going back to graphic design, which is something I do in my day job here, my purpose and going back to graphic design got started at the tail end of my recovery.
- Speaker 1: [16:10](#) When I had the chance to help a nonprofit build out all the things they needed for their, they needed lots of marketing materials. And a lot of graphic design is purely functional it's for marketing materials. And so, you know, if you want, you can build a ladder out of unemployment by working for a nonprofit. I mean, it's going to build your resume. You don't have to have any gaps in your resume. Like we talked about in episode 66, you don't have to have any gaps. You can say I was working for nonprofits, you know, and enlist who it was you were doing artwork for.
- Speaker 1: [16:53](#) So the first thing about being creative is you need to have a purpose for it. Then I think the immediate, next thing that you

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need, and this is purely functional is you have got to have a space for creativity, a space. Now, I don't care if that's a small table like me, I've got a small table in my dining room and they do a ton of creative work there. I have a nice table in my kitchen, and I can clear that off and get a lot of creative work done. You might have an entire area that you need to make work in. Like if you're working in ceramics, you know, you probably need part of a garage or an outdoor shed or somewhere where you can put the wheel or hand-built or wherever you're doing. Like, I have an entire area in my living room that I'm going to have to clear when I eventually make that very large, very invested painting.

Speaker 1: [17:41](#)

And that's going to be my work area. Or you might even be like, thinking about in the future, you want to have a studio. And so wherever you move, you want to make sure like you can set up a studio somewhere on the property. And I think that's pretty legit actually, but, you know, keep your space for creative use, make it creative use only like there is something to be said for how our brains go through repetition, train your mind. Like you can train your mind to be creative and in be creative when you go to that space, it's almost like it welcomes me. I mean, I look at that table in my dining room. I know the incredible amount of work that I've done for this show. I know the incredible amount of work that I've done for pieces that I've made for others, which I'll talk about in a minute.

Speaker 1: [18:27](#)

Like I see that space and my brain has been trained to think, create, create. It's incredible. And then when I think of space, think of your supportive spaces. Remember how in the beginning of today's show, I talked about going to that giant retail bookstore. K like when I go to Barnes and noble, that's where I go to expand my mind. I go to flip through magazines, I check out books. I'm just like in exploratory mode. When I go to that store, it's like, I'm having a real creative experience inside of a store. You, you need to have a real store somewhere that you go to for your materials, for your reading supplies, like whatever it is you need to load up on to be your most productive and creative self. Those are the places that are local treasures for you. I don't have any art stores in this area, except for the Michael's, which is more like a craft store, which is great for little crafty things that I want.

Speaker 1: [19:26](#)

But like, if I'm going to jump into this painting that I've been telling you about this massive painting, like I want to use the best. I want the best materials. I want the best brushes. I want

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everything to be the best so that this painting can be of an extremely, an extraordinary quality. And so for me, out in the city, there's a place called Blick, Blick art supplies. You can get stuff from them online, just like a lot of these big stores, like Blick is where I go. When I want to be a hardcore artist. That's just what I do. I go to Blick, you know what, if they have like an \$80 flat brush, you know, and that, that brush makes you look like a genius whenever you use it on that painting, like that's the kind of store that Blick is. They carry all kinds of materials and they also carry the high end stuff, which is what I need.

Speaker 1: [20:16](#)

If I'm going to participate in a high level, in my art career, I need to go to a real store. So have a space. That's all I'm saying, have a purpose, have a space. Then the next thing where we're drilling down on the practical here, you need to have a time. You just need to have a daily time for creating. I get it. That artists are seen as haphazard and random and do it when you feel like it. But you know, it's just having a daily time for, I think it's just going to set you up to be in that space longer. You know, that mind space of creating, you're going to be there longer. You're going to be productive. You're going to find more enjoyment out of it. Like for me. And I'm super, I'm super into my calendar and designing my weekly experience.

Speaker 1: [21:08](#)

Like, so my calendar and, and me having integrity with my time that I put on my calendar, it has time for creating, which right now gets sucked up by my clients. And that's okay. That's totally cool. Like I'm, I'm still creating, I'm still fleshing out and exercising talent for my clients. But you know, my calendar holds that time and I have to have integrity to hold it. And so for me, this is a big time life skill, having integrity with your time, planning your time, designing your ideal week. It's a life skill for stability. It's you just asking like, okay, when's the best time for like what, write a song. Like when's the best time to play music, write a song. When's the best time to create a dance. When is the best time to design a poster or whatever it is creatively that you have, that's burning that you want to get done?

Speaker 1: [22:00](#)

Like what, what you ask yourself, what is the best time? And then you got to ask yourself within that time, how can I prepare for my creative endeavors? There's, there's usually a mood that you need to set, or me, maybe I'm just crazy in this way. Like I have to set the mood. I have to get my space set up just right. It has to be the right time. I have to set the music going. Like all the lights are on in the house. Like, it's just, it's a mood. It's something that I prepare for. So have a purpose, have a space,

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have a time. And then of course at the tail, end of that time, you've got to have a shutdown. You've got to have a shutdown. I get it. That artists are night owls. Uh, you could catch me working at 2:00 AM every week, back in the days when I used to get sick, like you could just catch me in the studio.

Speaker 1: [22:57](#)

The lights are on Mike's up there. A lot of the college students would come visit me and hang out in the studio. When I had my studio down in the Valley and it's like, you know, creativity, it almost doesn't shut off when you have manic depression. And I think there's a circadian rhythm that gives you that second wind, you know, after 10:00 PM, you get, you just, you feel it, you get into it. Maybe you drink a little and then you go. That's how I did it. Like, but creativity and late night doses, that's eventually going to cause you some chaos or maybe a lot chaos. Like you just have to have a shutdown. If I would've known that back then I would probably not even be doing what I'm doing right now. I would probably be a professional artist right now. If I knew that I had to have a shutdown in my evening, maybe, and this is just an idea that kind of comes to mind is like, I know a lot of people, you know, they fire up Netflix and they watch TV for a few hours at the end of their day and that's their wind down.

Speaker 1: [23:57](#)

And that's just part of your, you know, your, your family culture. Um, what if you were to replace all of that passive watching with something fun and productive and creative, like that could be that same exact time. It can go on in the background, you know, do you really have to watch it to know everything that's going on? Um, but what I'm saying is like, have that creative time, like have that creative time where you would normally go into a shutdown, use your creativity and then determine when it is you're going to have the shutdown. Like don't be, don't be that person that just leaves the TV playing all night long. Right? Cause it's comforting. I know it's comforting, but like be the person who shuts down, let there be silence, let the lights get low, be in bed before 10:00 PM. You know, there's research that shows that 90%, maybe it's 90, maybe it's 80, 80%.

Speaker 1: [24:53](#)

Let's just go conservative. 80% of your regenerative sleep takes place between the hours of 10:00 PM and 2:00 AM. And that's really good information. That is really incredible information because that means if you're asleep and in bed by 10:00 PM, your circadian rhythm has a great chance of staying on that body clock with the rest of the world. People with manic depression are famous for being like total night, owls and backwards with the world. And there's just no surprise actually

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why we spiral into the different mood episodes that become generated because of a lack of regulated sleep. So have a purpose, have a space for creativity, have a time for creativity, have a shutdown for creativity. And then after all of this crazy creativity and hyper productivity, what I want you to consider doing is to give it away, have a generous heart when it comes to your artwork.

Speaker 1: [26:02](#)

I mean, literally give it away. Like I have, I have a painting that I created years and years ago, it was a part of a series that I did where all these figures were wrapped up and connected to different objects that create status. And so this person was wrapped up in clothing and I made a photo, real oil painting of this scene. And I had people make me offers for it over the years. And I just kept it because it just kind of meant something to me for a long, long time. And then I went to visit Phillip, who was one of my lifers that you hear about a lot of times on this show. And Phillip had this wonderful space in his kitchen. And I said, Phillip, what if I gave you some artwork to put there? And he says, well, what would you give me?

Speaker 1: [26:49](#)

And I showed him a picture of it. And just by the look on his face. Cause if he, if he looked at it and he said, eh, I don't think so then obviously he wouldn't have taken it, but he saw this photo of this painting and his eyes got big. And he says, you would give that to me. And we're talking, I was going to sell that for thousands of dollars. I had offers and I kept it to myself and I said, no, I want it to mean something. And I want somebody to have it who would understand that? You know, it's not an easy image to look at. It's kind of got a hard edge to it. And it's, it comes from that period in my life where I was very critical of like, um, it's a commentary on just the use of clothing and clothing styles and how that can bond or separate people, um, just through image and, and clothing.

Speaker 1: [27:40](#)

And so he, he got it right away. He says, I love it. I need it. And so I just, I, I literally handed it over. It's been in his kitchen. He says, he, he takes a good long look at it every day as he drinks his coffee and gets ready for his day. And I love that. I love that. So literally give it away. Or in the case of like fine art, you can exhibit it. Right. And that's giving it away, like letting other people see your work is so cool. There's so many avenues for art. And nowadays a lot of like stores will open where they want local art. You know, I don't, I don't really care what your medium is. They might be interested just because you're a local. And

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then of course you could exhibit at the higher level if you wanted to pursue that professionally.

- Speaker 1: [28:28](#) But like art brings people together, art, creativity, just like, there's something magical about it. There's just, there's just something special. It's vibrant. It's like, you can feel the essence of the person and whatever heart they put into that work. You know, it's just like, do this on purpose. Like give your creativity away. Like you can sing your song, whatever songs you create. Like you can sing it before your friends, when you get together for dinner, you know, you can be like my friend, Rebecca, she got together with the local coffee shop and she just said, Hey, what do you think if, if I put this kind of work inside and outside on the patio and we just have a whole, like a night where we take it over like a gallery and they were so game for that. And she actually had a piece, the main piece on the wall and I was staring at it.
- Speaker 1: [29:21](#) And the title of this piece was called partying with the past, like letting go of what's old and, and embracing what's in front of you. And I stared at that as somebody who had been, you know, seven or eight years into his recovery. And he said, man, if I only had the money, I would purchase that right now. And she heard me say it. And here years later, I have it in my living room. She decided one day she was going to give it to me. So suddenly I'm the recipient. And it's so cool. Like now she like, it brought us together. Like her and her husband are beautiful friends in my life. And, and she brought us together through this gifting of art. She, she, she made money and then she spared this special painting again, because it was so special to me and she just gave it away.
- Speaker 1: [30:19](#) So if you're creative, right, you need to create that. That's probably the big picture of this entire episode is make it a part of your recovery. But like make it a part of you. If the fabric of your life is creative and vibrant and artistic, then you need to make use of it. You absolutely need to create, like, don't, don't make the excuses. Like I made. Don't do that. Don't do that. Let it take you somewhere. Let it move. You let it enrich someone, let it move them. If you make creativity a part of your recovery, then there is nothing, nothing in your life that will ever be lacking.
- Speaker 1: [31:30](#) One of the things you know about me, if you've been following the show, since Wilson's, I started it last year, it's that I've been super, super creative, but I've actually been even creative

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behind the scenes. I've been working on something really, really big. And I just want to tell you about it before we go to gay, it's called the peace plan for bipolar. And this is your monthly guide to building a rock solid foundation for living with bipolar, which as you know, is usually going to be a lifelong need. But you also know that I only opened this up twice a year and I do this so that the group that I'm taking through this experience, they have the time to get to know each other because we're working through all of these mini trainings and all the many activities and discussions inside that membership.

Speaker 1: [32:23](#)

So, so this, this membership enrollment is literally upon us. It is this week and this week only that you can enroll and get started right away on what I'm calling the most important skills, knowledge and habits that make a person with bipolar, the most successful version of themselves that they can manage. Everybody's different. I crafted this as a, not an intensive, but as semi intensive course. And you completed at your own pace and it has coaching built in directly. And then it also has community on top of that. So it's a lot like the bipolar now podcast. And so any way you slice it, you are surrounded in the peace plan. You're surrounded by nothing but the best and latest proven techniques to build your life plan with stability. As the focus, it's not an overnight fix, it's not a self help, dead end. It's a real membership for those who know they can't let themselves be endlessly sidelined by a manageable, it's a manageable disease.

Speaker 1: [33:32](#)

You guys like they can't let themselves be sidelined by it anymore. So I'm just giving you the management style and then you go on and you make it your own. And by the end of the coursework, you'll be the most functional and festive version of yourself that you've seen in a long, long time. And it's zero risk. So I want you to experience this. I want you to experience more wisdom. I want you to experience more knowledge, more insight. I want you to, I want you to have all these things and I want you to have fun. I want you to have fun with your diagnosis. Is that nuts? That's what I want though. And I want you to have it in the first 90 days, or I will literally refund you every single penny. No questions asked. If you feel that your membership experience gave you little to nothing.

Speaker 1: [34:28](#)

Well, for one, you gotta tell me why, or to let me know. And I will, I will absolutely refund you right on the spot. That is how incredibly confident I am, that this is gonna rock your world so you can get all the information. Plus you can take a look inside the membership experience. Plus you can hear from my

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amazing members and more, when you go to www.mikelardi.com/peaceplan, and that's Mike Lardi with an "I" and all share right inside of there, I'll share everything you need to know, but I want to make mention, you need to move quick. I haven't designed the peace plan to be a random collection of tips, tricks, or stories. There's none of that. Instead you get the most powerful skills out of each and every lesson, and then you get good at them just by simply interacting, interact with me.

Speaker 1: [35:26](#)

And you interact with your fellow members. That's how good this works. It's jaw dropping. So, so, well, I better not say that. I don't want to hype you. I just want you to know that if you've been checking me out for a good amount of time, you know, that transformation, isn't something that comes by random chance or accident. Transformation is a slow, it is a purpose built set of activities that are going to cause you to change and adapt and grow. And that's exactly what we will do as we create your very own peace plan. Like I said, in the podcast earlier today, you've got to have purpose for your creativity. Well, the same is true of your recovery. What do you want to do with it? I mean, seriously, like what if I got you to a place where you were relatively stable, even in a year, like 2020?

Speaker 1: [36:22](#)

Like what would you do with it? You have got to have a purpose for your recovery, or you will simply be bounced back and forth trying to survive for the rest of your days. No joke. It is that important. So if you're like, okay, Mike, I get it. That I have to get serious about my plans. I get it. I get it. Then right here, as we finish today, I want you to go to MikeLardi.com/peaceplan. Just jump over there and you'll see what I'm talking about now. Whether or not you join this year, isn't the point it's whether or not you have something in your life that you want to fight for that this brain disorder keeps dangling in front of you. And then it just takes it away. Okay. That is what I'm talking about. That's all I've got to say.

Speaker 1: [37:16](#)

Like, do you have something that you want so badly chances are, if you do, you will discover it in the peace plan and then we'll make the roadmap to get you there so that you can make it matter. Make it matter. Mike.lardi.com/peaceplan, and whether or not you join. I'll see you in the next episode where we talk about adapting ourselves to the season changing and how to have a smooth transition. Even as we await, hopefully await the vaccine for COVID-19. You don't want to miss it. And I will see you here. Same time, same place, adios.